

Aquatic Fitness Schedule

Effective: Sept 9 2024

Monday	
Time	Class Instructor
9 am	Combo Challenge Michelle
High energy class incorporating dynamic movements in shallow and/or deep water. Match the class energy or move at your pace. Exercises vary week to week.	
10 am	Seniors Michelle
Exercises designed for gracefully aging bodies. Keep your joints lubricated and feel strong.	

Tuesday	
Time	Class Instructor
9 am	Aqua Burn Charity
High intensity aerobics class that uses various equipment and low impact exercises	
10 am	Aqua Challenge Charity
Spin the wheel on water aerobics fun. Each class is a mix of various styles. Find your aerobic fate!	

Wednesday	
Time	Class Instructor
9 am	Deep Water Bootcamp Sandee
Work hard in deep water with no stress on the joints. Water belts and noodles used for support	
10 am	Tsunami Sandee
Improve core and joint stabilization while working out on a float board. Space is limited in this fun class where losing your balance means a refreshing splash in the pool.	

Thursday	
Time	Class Instructor
9 am	Hydro Tone Michelle
Work against the resistance of water in this full-body workout. Class focuses on building muscle strength and endurance with various equipment in deep and shallow water.	
10 am	Deep Water Michelle
Work hard in deep water with no stress on the joints. Water belts and noodles used for support	

Friday	
Time	Class Instructor
9 am	Aqua Zumba Heather
Zumba, everyone's favorite dance/fitness class, but in the water. Bring your enthusiasm to this high energy class and bust a move in the water.	
10 am	Seniors Heather
Enjoy the benefits of low impact water exercise. This class is designed to help senior joints and muscles stay healthy and strong.	

Fitness Schedule subject to change. Please contact the front desk for up-to-date class information.



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